

SOLEFX JOURNEY

A Leadership & Wellness Program



JOURNEY LEADER HANDBOOK

A NAVIGATION TOOL FOR *Adventures* 00-08

ACKNOWLEDGEMENTS

SOLE Effects would like to thank the many organizations and hundreds of dedicated individuals who so generously contributed toward successfully launching a worldwide leadership and wellness movement. Also, SOLE Effects is indebted to the creators and contributors of the **SOLEFX Journey** program. Their commitment and hard work is significantly impacting the lives of our youth, and will continue to empower them to become confident, purpose-driven leaders.

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CHAMPION SINCE 2016

Rotary
Rancho Bernardo Sunrise Club



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CONTENTS

Acknowledgements.....1

Welcome.....2

TRAINING MATERIALS

Journey Leader Training Notes.....3-6

Journey Timeline.....7, 8

ADDITIONAL RESOURCES

Adventure Topics.....9

Leadership Compass (Strategies).....10

GUIDE Recommendation Cards.....11

Question Connections.....12

STEPS for Student Support.....13

Resource GUIDE for Youth.....14, 15

Family Newsletter Sample.....16

Student & GUIDE Leadership Certificates.....17, 18

Mission Statement and Slogan.....Back Cover



To Our SOLEFX Journey Leaders,

Welcome to SOLE Effects! We are on a mission to empower youth to become confident, purpose-driven leaders. Our team of hundreds of experienced educators, health care professionals, and college student leaders invested eight years to build the **SOLEFX Journey**, a proven Leadership and Wellness program. We are honored that you are joining our movement as a Journey Leader.

As educators, we are well aware of the stressors you face. So, at the forefront of our work we've asked, "How can we equip *all* students with tools to make the healthiest choices for their lives while positively influencing and supporting each other?" Our second question has been, "How can we provide teachers with a highly effective program while actually taking work *off* their plates?" We're confident you'll see that the answers are here within the **SOLEFX Journey**. Our team is deeply grateful to you for joining us on our movement, impacting the lives of our youth.

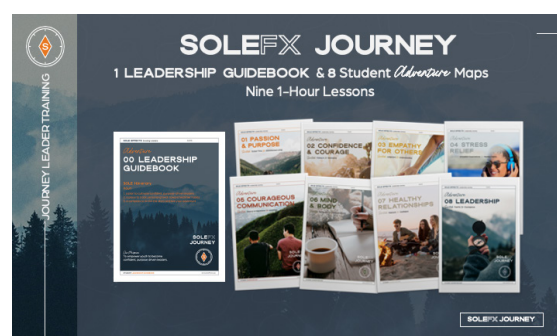
Growing Confident, Purpose-Driven Leaders,

- Founders Karen & Kevin Ogden,
On Behalf of **SOLE Effects**





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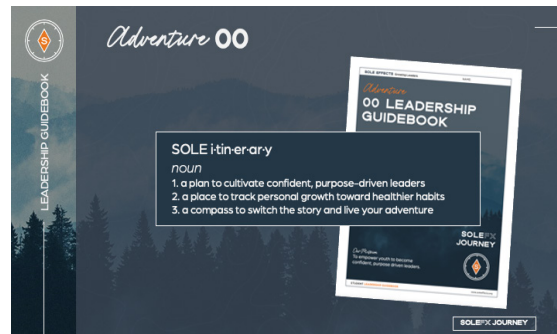
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SOLE JOURNEY LEADER TRAINING

Negative FX & Positive FX

LEARN

Positive FX As a **Leader**, you increase happiness knowing you're enough without having to be perfect. Your courage to not give in to social pressures strengthens relationships, decreasing stress. Living your purpose and finding god in others makes you motivated and enthusiastic. Your confidence empowers you to blaze your own unique path.

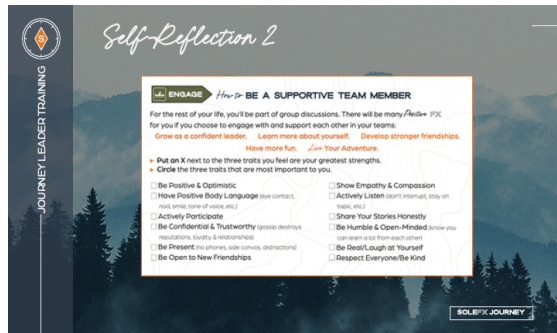
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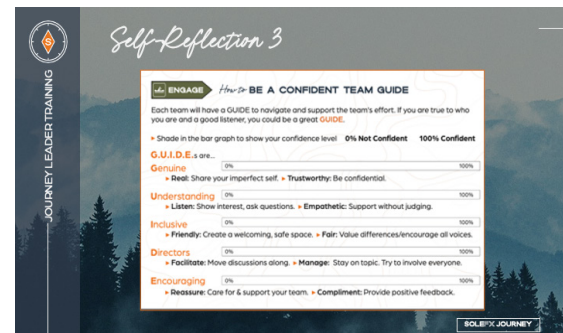
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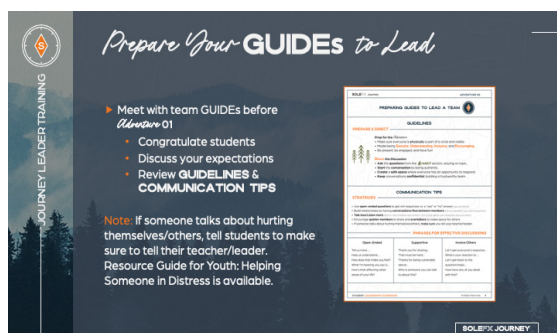
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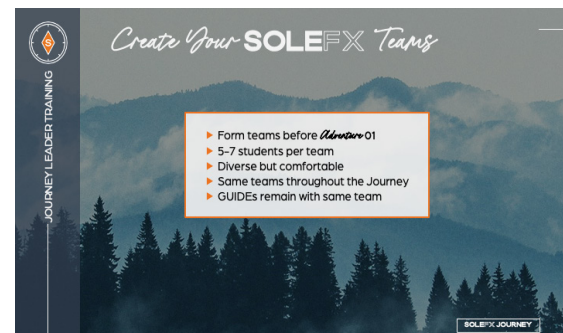
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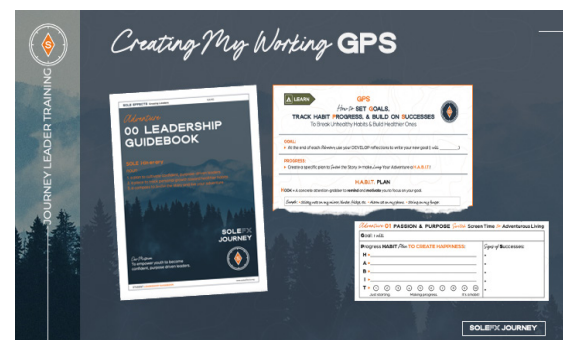
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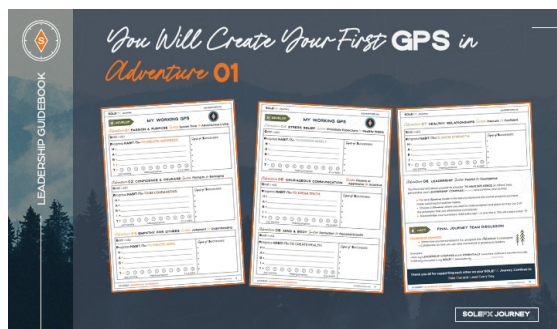
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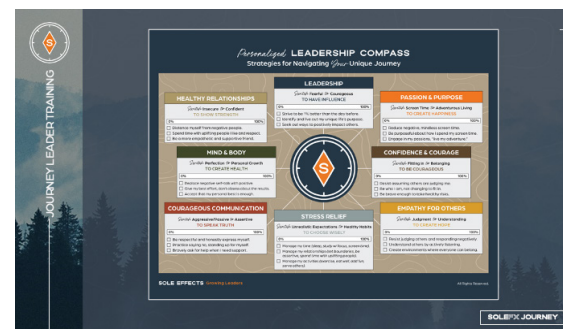
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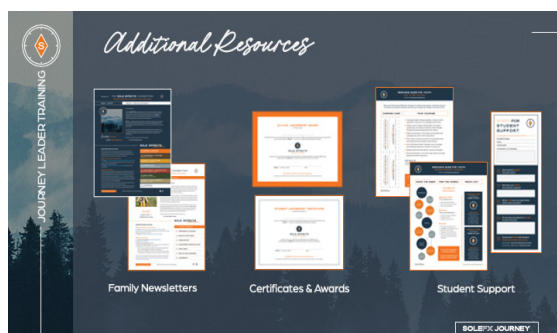
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Before THE JOURNEY

TRAINING & PREPARATION

- ☐ Attend Journey Leader Training.
- ☐ Get organized. Access your digital materials.
- ☐ Calendar the dates you will implement the 9 one-hour Adventures. (Ideally, one Adventure a week)
- ☐ Create a system to manage student materials.
 - Adventure 00 GUIDEBOOK must be available during every Adventure.
 - Adventure 01-08 Student Maps are distributed during each Adventure.

LOGIN INFORMATION:

START WITH ADVENTURE 00

- ☐ Students take Self-Assessment: Skills of a Leader. (Embedded in lesson)
- ☐ Collect GUIDE Recommendation Cards. (Self or peer recommendations)
- ☐ Email 9 Newsletters to Families. (or 1-by-1 following each Adventure)

AFTER ADVENTURE 00 BUT BEFORE 01

- ☐ Create Your SOLEFX Teams. (5-7 per team)
- ☐ Select Your GUIDEs. (1 or 2 per team)
- ☐ Prepare Your GUIDEs to Lead. (Show video while students follow along in 00 GUIDEBOOK)

TOTAL TIME:
60 MIN

During THE JOURNEY

Step 1 START THE ADVENTURE'S STUDENT DIGITAL PRESENTATION

Step 2 QUESTION CONNECTION – TAKE OUT 00 GUIDEBOOK



5 MIN

- ▶ As students arrive, they engage in 3 questions up on the screen:
 - Reflect Back* Update all previous **Goals**, **Progress**, **Successes (GPS)**.
 - Gear Up* Get to know each other and get energized for the day.
 - Look Ahead* Access background knowledge & connect with topic.

Note: Independently update **GPS** and then discuss questions in small groups.

Step 3 DISTRIBUTE NEW ADVENTURE MAPS

Step 4 LEARN SECTION – WHOLE GROUP INTRO OF KEY CONCEPTS



12 MIN

- ▶ College leaders present this section via video.
- ▶ Students learn key terms, goals, and the benefits of healthier habits.

Step 5 ENGAGE SECTION – INDEPENDENT SELF-REFLECTION



8 MIN

- ▶ Review self-reflection directions and assist as needed.
- ▶ Announce when the SOLEFX Team Discussions should begin.



20 MIN

Step 6 REACT SECTION – GUIDES LEAD TEAM DISCUSSIONS

- ▶ GUIDEs ask specific questions provided, based on self-reflections from **ENGAGE**.
- ▶ GUIDEs model authenticity and encourage peers to share and support each other.
- ▶ Quietly monitor teams, allowing GUIDEs to lead discussion and facilitate teamwork.

*Note: In **Adventure 00**, you are responsible to facilitate this first discussion with the whole group, modeling your own expectations (students are not in teams yet and GUIDEs have not been selected.)*



10 MIN

Step 7 DEVELOP SECTION – INDEPENDENT GPS

- ▶ Students locate **GPS** in their 00 Leadership Guidebook.
- ▶ Reflect and create a **HABIT Plan** to make changes toward healthier habits. Students can support each other with writing these goals.

Note: Reminding students to return to their **GPS** in between Adventures is super helpful and impactful.



5 MIN

Step 8 CLOSURE – WHOLE GROUP OR TEAM SHARING

- ▶ What impacted you from today's Adventure?
- ▶ What was one helpful group suggestion?
- ▶ What was your group's best moment?

Ideas: End with a class or small group cheer (*Switch the Story, Live Your Adventure*). Remind students to thank or give compliment to GUIDEs.

Step 9 STUDENT ORGANIZATION

- ▶ *Adventure 00* **GUIDEBOOK** needs to be kept in a place for students to access for every Adventure.
- ▶ *Adventures 01-08* Student Maps can be stored for classroom access. Each can be taken home after.

After THE JOURNEY

CONTINUING TO DEVELOP STUDENTS' LEADERSHIP SKILLS

- ▶ Encourage students to keep their **6 ESSENTIALS** (back of **08 Adventure Map**) & *Personalized LEADERSHIP COMPASS* (back of **00 GUIDEBOOK**) in a prominent place to continue their growth.
- ▶ Encourage students to continue to create new goals using the **GPS** model.

MEASURE PROGRESS

- ▶ SELF-ASSESSMENT: Discuss Pre/Post Assessment from **00 GUIDEBOOK**.
- ▶ Optional: Conduct a survey for your own use.

STUDENT CERTIFICATES

- ▶ Make copies and complete certificates for students and GUIDES.
- ▶ Remind students to put SOLE Effects Leadership Certification on future applications and resumes.

Switch the Story *Live* Your Adventure



SOLE EFFECTS

Adventures

01 PASSION & PURPOSE

Switch Screen Time to Adventurous Living

02 CONFIDENCE & COURAGE

Switch Fitting In to Belonging

03 EMPATHY FOR OTHERS

Switch Judgment to Understanding

04 STRESS RELIEF

Switch Unrealistic Expectations to Healthy Habits

05 COURAGEOUS COMMUNICATION

Switch Passive or Aggressive to Assertive

06 MIND & BODY

Switch Perfection to Personal Growth

07 HEALTHY RELATIONSHIPS

Switch Insecure to Confident

08 LEADERSHIP

Switch Fearful to Courageous

Our Mission

To empower youth to become
confident, purpose driven leaders.



**SOLE
EFFECTS**
GROWING LEADERS

LEADERSHIP COMPASS

Strategies for Navigating Your Journey



Switch the Story *Live* Your Adventure

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GUIDE RECOMMENDATION CARDS



My Interest in Being a GUIDE to Lead a Team

Name : _____ Period # or Class : _____

shade in one: I Don't ... I'm Not Sure I... I Possibly... I Definitely...

... want to be a guide for my team because: _____.

Anonymously recommend a peer that you believe would be a great GUIDE: _____.

(This will not necessarily make them a guide, but will show that you recognize them as being a good leader).





My Interest in Being a GUIDE to Lead a Team

Name : _____ Period # or Class : _____

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Anonymously recommend a peer that you believe would be a great GUIDE: _____.

(This will not necessarily make them a guide, but will show that you recognize them as being a good leader).



QUESTION CONNECTIONS

Adventures 01-08's digital presentations start with Question Connections. Steps for students:

- ▶ Arrive, get out **00 GUIDEBOOK**, get into **SOLEFX** Teams.
- ▶ Independently update Working **GPS** (no need to wait for others to arrive).
- ▶ With their team, share a **GPS** challenge or success.
- ▶ Engage in the other questions to connect with each other and prepare for the next Adventure.



Adventure 01 **PASSION & PURPOSE**

Gear Up

What is something unique about you or something you are proud of?

Look Ahead

If you had more free time to do something you love doing, what would you do?

Adventure 02 **CONFIDENCE & COURAGE**

Reflect Back

Return to your **GPS** in your Leadership Guidebook and re-view your **Goals**. Update any new **Progress** and **Successes** from Adventure 01. Choose something to share.

Gear Up

What are two or three words that describe you best?

Look Ahead

Who is someone you respect and know is confident?
How do they show you they are confident?

Adventure 03 **EMPATHY FOR OTHERS**

Reflect Back

Return to your **GPS** in your Leadership Guidebook and re-view your **Goals**. Update any new **Progress** and **Successes** from Adventures 01 and 02. Choose something to share.

Gear Up

What is something you have been through that has been challenging? Who was there to support you?

Look Ahead

Without using names, how did someone recently make you annoyed, frustrated, angry, etc.? What could have been going on "under the surface" with this person?

Adventure 04 **STRESS RELIEF**

Reflect Back

Return to your **GPS** in your Leadership Guidebook and re-view your **Goals**. Update any new **Progress** and **Successes** from our previous Adventures. Choose something to share.

Gear Up

What do you do that positively impacts others?

Look Ahead

Who is someone who helps minimize your stress? Why do they make you feel this way?

Adventure 05 **COURAGEOUS COMMUNICATION**

Reflect Back

(Refer to Adventure 04's *Reflect Back* section.)

Gear Up

What have you been doing to spend more time on your passions?

Look Ahead

Who is someone who makes you feel more courageous, and why do they make you feel this way?

Adventure 06 **MIND & BODY**

Reflect Back

(Refer to Adventure 04's *Reflect Back* section.)

Gear Up

Who is a family member you are grateful for and why?

Look Ahead

What do you think causes people to feel insecure about their bodies?

Adventure 07 **HEALTHY RELATIONSHIPS**

Reflect Back

(Refer to Adventure 04's *Reflect Back* section.)

Gear Up

What is something your **SOLEFX** Team does not know about you?

Look Ahead

If you gave or received a random act of kindness recently, what was it? How did it make you feel?

Adventure 08 **LEADERSHIP**

Reflect Back

(Refer to Adventure 04's *Reflect Back* section.)

Gear Up

What have you been most grateful for during your time with your **SOLEFX** Team?

Look Ahead

Who is someone in your life you can go to for support?

Remember it can be someone on your team that you trust.

STEPS FOR STUDENT SUPPORT



To gather *any*-concerning information as needed (for potential referral).

STUDENT NAME: _____

DATE: _____

YOUR NAME: _____

STATEMENT OF CONCERN:

.....

S When did this **START**?
How did it start?

.....

T Who have you **TOLD**?
How did they respond?

.....

E What **ELSE** have you tried? What
advice were you given?

.....

P Do you have any ideas for a **PLAN**
to solve this issue?

.....

S Review and **SHARE** with Student:
RESOURCE GUIDE FOR YOUTH

Review Side 1: HELPING SOMEONE IN DISTRESS

Review Side 2 *with* Student: ASKING FOR HELP

ACTION PLAN (Supporter Checks One)

Note: Follow your organization's protocol for referrals.

- ☐ I feel these **STEPS** will provide this student with the support needed at this time. (Keep this form confidential).
- ☐ I feel concerned for this student. I prefer that someone else would have the **CRISIS CONVERSATION**. (Pass this form on to the designated individual/counselor to complete below).
- ☐ I had the **CRISIS CONVERSATION**. (Write notes of your level of concern. Pass this form on to the designated individual/counselor).

.....

CRISIS CONVERSATION ABC'S

DON'T ask in a way you want "NO" for an answer.

DON'T say, "Commit" suicide, but use "Died by" suicide.

- ☐ **A**pproach Them: "I've noticed you.... seem a little down lately or you've mentioned feeling hopeless".

Could you tell me if you've experienced any of these lately?
(Read list to student and circle those that apply/make notes as needed).

Withdrawal, changes in sleep, reckless behavior, personality change, neglect of personal appearance, physical pain, substance abuse, loss of interest, sudden mood changes, giving away belongs, messages of hopelessness/death/suicide, seeking methods of self-harm such as online or obtaining a gun.

.....

- ☐ **B**e Direct: "Are you thinking of ending your life?"

.....

- ☐ **C**onnect: "This must be so tough for you." "Have you always felt you wanted to die?" "I'm deeply concerned about you and want you to know help is available."

.....

If any answer is "yes"...

CREATE A SAFETY PLAN

- ☐ Do you have access to any weapons or prescription medications? Yes___ No___? (If so, tell them a family member or law enforcement will need to assist with removing).

- ☐ Who can you call if you think you may act on your thoughts of suicide? Name: _____ Decide together on what will keep them safe before meeting with a professional.

.....

- ☐ Will you agree to refrain from using any alcohol or drugs before we get you help? Yes___ No___?

- ☐ Will you promise me that you will not act upon thoughts of suicide and will meet with a professional? Yes___ No___?
Professional to meet with: _____

Refer the student back to the resources found on **RESOURCE GUIDE FOR YOUTH**.

Thank you to suicideispreventable.org for more information.
SOLE Effects encourages duplication of this pamphlet.



RESOURCE GUIDE FOR YOUTH IN CRISIS

HELPING SOMEONE IN DISTRESS

Credit to suicideispreventable.org

KNOW THE SIGNS



SOLE Effects

FIND THE WORDS

The ABC's of How to Say It

Approach Them:

"I've noticed you..."

- "...seem a little down lately."
- "...don't seem to care as much."
- "...sound overwhelmed."

Be Direct:

"Are you thinking of..."

- "...hurting yourself or others?"
- "...ending your life?"
- "...a plan to end your life?"

Connect:

- "This must be tough for you."
- "I'm **really** concerned about you."
- "What can I do to help?"
- "Together, let's go find help."
- "Will you promise not to harm yourself or others before we find help?"

You are **not** responsible to fix their problems,

you **are** responsible to tell someone who can help.

REACH OUT

COMPASS CARD

A tool saying, "I NEED TO TALK".



RESOURCES

Crisis Counselor Text : 741-741
Suicide Hotline Text : 988
Or Call : 1 (800) 273-8255

COMPASS CARD

A tool saying, "I NEED TO TALK".



RESOURCES

Crisis Counselor Text : 741-741
Suicide Hotline Text : 988
Or Call : 1 (800) 273-8255

Cut out a compass card and hand it to a trusted peer or adult for you or someone else.

Permission to copy this document



YOUR COURAGE

Give this card to a trusted peer or adult
WHEN YOU OR SOMEONE ELSE NEEDS HELP
dealing with anxiety, stress, sadness, suicidal thoughts, etc.

Give this card to a trusted peer or adult
WHEN YOU OR SOMEONE ELSE NEEDS HELP
dealing with anxiety, stress, sadness, suicidal thoughts, etc.

**If you *receive* this card,
SOMEONE NEEDS YOUR HELP**

**If you *receive* this card,
SOMEONE NEEDS YOUR HELP**

- **Courage makes things possible.** It may be hard asking for help, but it's a valuable skill for life.
- **Others want to help.** Asking does not equal weakness, but shows maturity and strength. People feel good being there for others.
- **Make the decision.** The long-term benefits will outweigh any short-term discomfort.
- **Pick wisely.** Choose someone trustworthy who will respond with empathy and respect.
- **Act in the face of fear.** Summon your courage, not allowing shame or anxiety stop you.
- **Speak assertively.** Be direct, honest, and open.
- **Several attempts.** If you don't get what you need, search for other resources...

Other Resources:

Local/immediate contacts available to me in my school and/or community:

If you or someone you know is in emotional distress, suicidal crisis, or thinking of harming others, use the compass card and

text 988, 741-741

or call 1-800-273-8255



SOLEFX JOURNEY

Adventure 00 Welcome to SOLE Effects

Switch **The Story**
Live **Your Adventure**

To Our Families,

We are **SOLE Effects**, empowering youth to become confident, purpose-driven leaders. Our team of experienced educators and college student leaders built a highly impactful leadership program, the **SOLEFX Journey**. It is an honor to share with you that your student has been given the opportunity to be a part of this program.

SOLEFX Journey prepares students to deal with challenges like negative peer pressure, screen time addiction, and unhealthy friendships. Proven strategies and support allow students not only to cope with life's stressors, but to thrive.

Our goal is to provide you with practical follow-up tools to support you on your parenting journey. We invite you to engage in our eight upcoming newsletters. Together, we can develop healthier youth, families, and communities.

Growing Confident, Purpose-Driven Leaders,

– Your SOLE Effects Team

Impactful Follow-Up Tools:

These resources are not only for you and your teens, but for anyone involved in your teens' lives. With millions of resources out there, we've narrowed it down to two of our most valuable tools, reducing your stress while building stronger and more enjoyable connections.

TOOL #1: Information and Inspiration

☐ Article: [4 Conversations to Have with Teens About their Screen Time Habits](#) has up-to-date valuable information on the most common issues families are facing with their teens.

☐ Article: [How to Be a More Adventurous Parent](#) / by Deb Lowther, Active for Life.

TOOL #2: Action Steps

Family dinners: Having family dinners together can positively impact teens' health and wellness, weight, and communication skills. Teens who don't eat with their families are twice as likely to abuse substances. Commit to an evening when you can eat together, **device free**. Teens will complain, almost guaranteed, but deep down they crave connections, and it will pay off. Teens are more likely to express themselves when adults open up first, so start by sharing your **"wins and learns."**

☐ **Ask:** "What was a 'win' for you today?" *Something that happened to you or you made happen for yourself or someone else.*

☐ **Ask:** "What was a 'learn' for you today?" *Something that got you down or challenged you, helping you to become a stronger or better person?*

SOLE EFFECTS
*Adventures***01 PASSION & PURPOSE**

Switch Screen Time to Adventurous Living

02 CONFIDENCE & COURAGE

Switch Fitting In to Belonging

03 EMPATHY FOR OTHERS

Switch Judgment to Understanding

04 STRESS RELIEF

Switch Unrealistic Expectations to Healthy Habits

05 COURAGEOUS COMMUNICATION

Switch Passive or Aggressive to Assertive

06 MIND & BODY

Switch Perfection to Personal Growth

07 HEALTHY RELATIONSHIPS

Switch Insecure to Confident

08 LEADERSHIP

Switch Fearful to Courageous

G.U.I.D.E. LEADERSHIP AWARD

To Team Guide:

Recognizing you for your exemplary leadership serving as a GUIDE, compassionately directing and supporting your team through the **SOLEFX** Journey, a Leadership and Wellness Program.



SOLE EFFECTS
GROWING LEADERS

Thank you for your hard work and exceptional influence by **Stepping Out** and **Leading Everyday**, creating positive **Effects** for yourself, your peers, and your community.

SOLEFX Journey Leader

Date

Switch The Story Live Your Adventure

The mission of SOLE Effects is to empower youth to become confident, purpose-driven leaders.

STUDENT LEADERSHIP CERTIFICATE

In special recognition to:

for your commitment to your personal growth through your active participation in the
SOLEFX Journey, a Leadership and Wellness Program.



SOLE EFFECTS
GROWING LEADERS

Thank you for your willingness to **Step Out** and **Lead Everyday**,
creating positive **Effects** for yourself, your peers, and your community.

SOLEFX Journey Leader

Date

Switch **The Story Live Your Adventure**

The mission of SOLE Effects is to empower youth to become confident, purpose-driven leaders.

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to empower youth to become
confident, purpose-driven leaders.



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